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KEEP IT ON THE DOWN LOW

R. Kelly faces accusations of trapping
young women into a sex cult. 22



New York City's best free fitness classes. 27

Is Aaron Judge the face of baseball? 31



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As his approval rating hits an
all-time low, the president
grapples with a beleaguered
administration. 4



NY AG SAYS WILL SUE OVER OBAMACARE REPEAL

In New York state Attorney General Eric Schneiderman intends to sue the federal government if Republican lawmakers pass proposed legislation to overhaul the U.S. health-care system, his office said on Monday. Schneiderman's office said it has identified "multiple constitutional defects" with the Republican healthcare bills. The U.S. Senate is considering legislation to repeal parts of the



Affordable Care Act, Democratic former President Barack Obama's signature

legislative achievement, commonly known as Obamacare. For more, see page 9

AUSTRALIAN FATALLY SHOT BY MN POLICE

2 Minnesota officials were investigating how an Australian woman who called police for help over the weekend ended up shot and killed by one of the officers who responded in an alley near her house. Minneapolis Mayor Betsy Hodges called for a probe of why officers were not using the body cameras they are equipped with during the incident that led to the death of Justine Damond, from Sydney,

around midnight Saturday. The state Bureau of Criminal Apprehension was investigating the shooting, in keeping with a new policy adopted in 2014, to avoid having the Minneapolis police department investigate itself, said Hodges, who described herself as "heartsick and deeply disturbed" by the shooting. "We don't want to jeopardize the BCA investigation, or compromise its independence," the mayor said.

END TO MIDDLE EASTERN AIRLINES LAPTOP BAN

3 The U.S. Transportation Security Administration said on Monday it had lifted a ban on passengers on Saudi Arabian Airlines carrying large electronics like laptops onboard U.S.-bound flights, the last carrier under the restrictions. In March, U.S. officials imposed restrictions on passengers carrying laptops and other large electronic gear in cabins on nine airlines, most of which were Middle Eastern car-



riers, to address the potential threat of hidden explosives. Last month, U.S.

officials announced new security requirements for all airlines rather than an expansion of the laptop ban and have been dropping the restrictions from airlines as they boosted security.

MADE IN AMERICA

4 President Donald Trump waves to journalists from inside a fire engine made by Pierce Manufacturing while touring a Made in America product showcase. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

TECH FIRMS URGE US TO RETAIN NET NEUTRALITY

5 A group representing major technology firms including Alphabet Inc. and Facebook Inc. urged the U.S. Federal Communications Commission on Monday to abandon plans to reverse the landmark 2015 rules barring internet service providers from blocking or slowing consumer access to web content. The Internet Association said in its filing with the FCC that dismantling the net neutrality rules "will create significant uncertainty in the market

and upset the careful balance that has led to the current virtuous circle of innovation in the broadband ecosystem." The rollback will harm consumers, said the group, which also represents Amazon.com Inc., Microsoft Inc., Netflix Inc., Twitter Inc. and Snap Inc. In May, the FCC voted 2-1 to advance Republican FCC Chairman Ajit Pai's plan to reverse the former Obama administration's order reclassifying internet service providers as if they were utilities.

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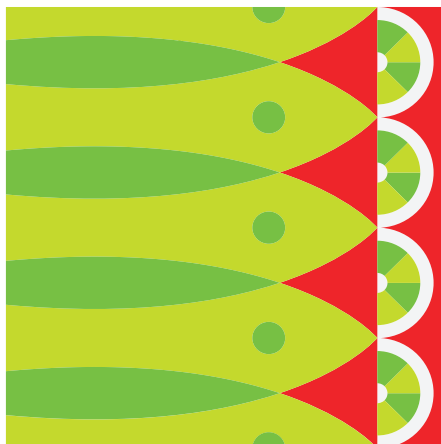


KIMBERLY M. AQUILINA, WEB REPORTER
It I'm by no means a fashion icon, but a bathing suit that looks like a trendy fruit is a thing now and I'm not sure I can go on with life. So many people (except me) are going bananas for this avocado bathing suit. Would you wear it?
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President Donald Trump's favorability rating has decreased recently. [WIKIMEDIA COMMONS](#)

President Trump's support is slipping amid scandals and tweets

New polling reveals
the lowest approval
rating of all time.



ERIN TIERNAN
@ErinTiernan
erin.tiernan@metro.us

New poll numbers show approval of President Donald Trump might be slipping.

Though the 45th president has seen some of the lowest poll numbers of any modern president since he entered the Oval Office in January, Trump's approval ratings have now hit an all-time low. Just 36 percent of Americans now say they approve of Trump's performance – the lowest approval rating at the six-month mark of any president since modern polling began about 70 years ago, according to a new Washington Post/ABC News poll.

Trump's approval rating has continued to erode over the past six months, and as his administration has failed to deliver on key campaign promises like his border wall, Muslim ban and healthcare repeal, so also goes his Republican base.

Seventy percent of people surveyed in the Washington Post/ABC poll see Trump's behavior as president as "unpresidential." Just 24 percent described his behavior as "proper and fitting."

Among Republicans, 38 percent say Trump has acted un-presidential since

entering the office, and ABC's polling analyst Gary Langer said dissatisfaction is growing among groups who strongly supported Trump in the 2016 election. Forty-eight percent of evangelical white Protestants and 55 percent of non-college-educated white men agreed that Trump's behavior falls short of expectations.

Trump's actions both in person and on Twitter have long been a source of controversy, helping drive his approval ratings into the ground. Trump has claimed the media wants him to stop tweeting because they know it allows him to communicate directly with his base, but the fact is the president's off-the-cuff and inflammatory Twitter style is driving major web traffic for many news organizations, and it's his fellow Republican politicians that want him to stop.

Trump has a message for them regardless of their political affiliation or agenda: "My use of social media is not Presidential — it's MODERN DAY PRESIDENTIAL. Make America Great Again!" he tweeted on July 1.

But he might be the only one with that opinion — the Post/ABC poll surveyed Americans on the heels of yet another shocking revelation in the investigation into whether the Trump campaign colluded with Russia to influence the 2016 election.

Last week, the presi-

dent's eldest son, Donald Trump Jr., admitted to meeting with a Russian lawyer whom he thought had evidence on then-Democratic nominee Hillary Clinton. Under federal law, it's illegal to receive political opposition research from foreign nationals.

Twitter, it seems, is playing a major role in the growing negative perception around Trump.

More than two-thirds – about 68 percent – of those surveyed in the Post/ABC poll said

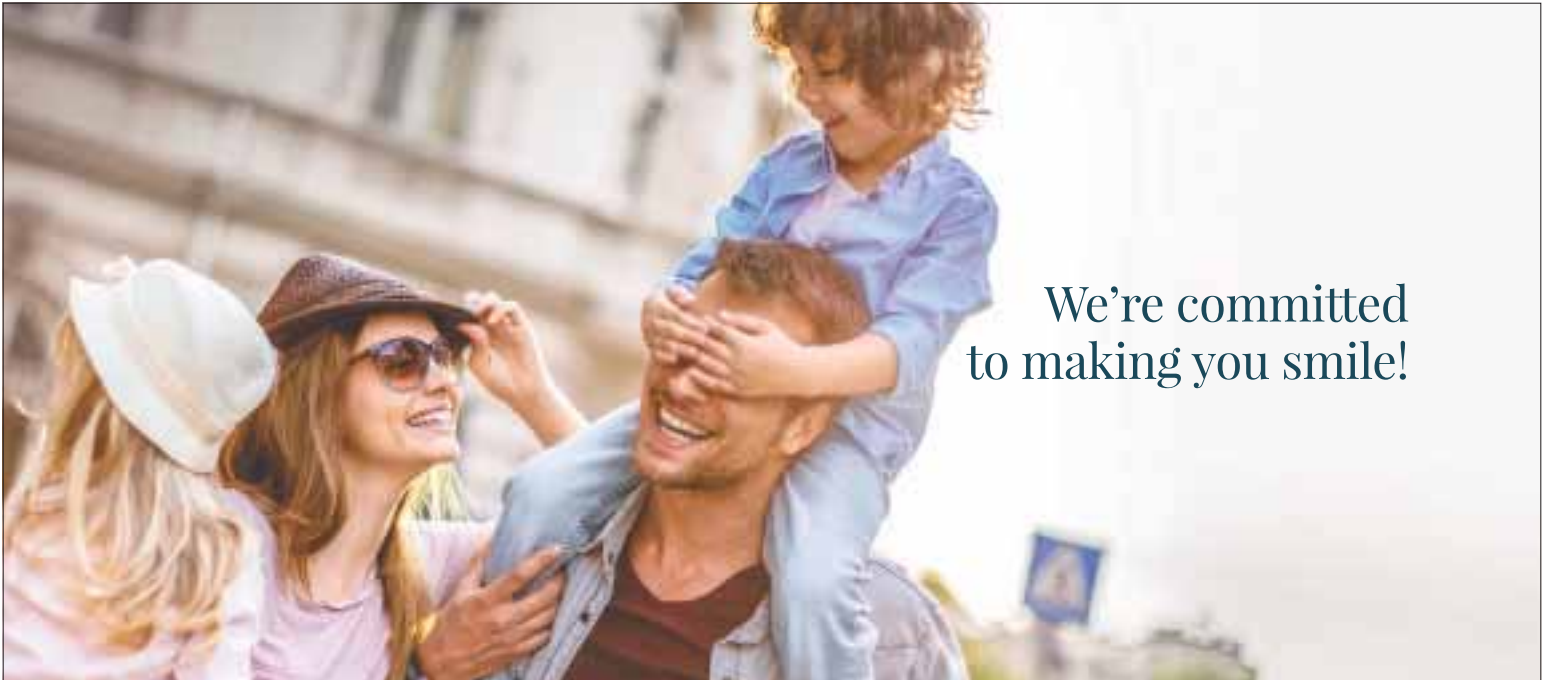
36%
PRESIDENT TRUMP'S
APPROVAL RATING

Trump's tweets are "inappropriate" or "insulting" (65 percent). Fifty-two percent said the tweets are "dangerous." And just 21 percent called the tweets "refreshing," which included 41 percent of self-identified Republicans.

But taking to Twitter on Monday, Trump seemed unfazed.

"The ABC/Washington Post Poll, even though almost 40 [percent] is not bad at this time, was just about the most inaccurate poll around election time!"

Actually, the polls were only about 3.5 percentage points off, but don't expect Trump to listen — he also claims he won the popular vote.



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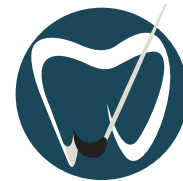
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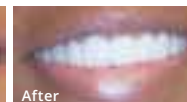
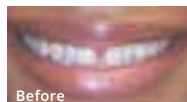
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RIKERS SUICIDE

Rikers suicide victim's family to get quarter-million dollar settlement

More than a quarter of a million dollars will be given to the family of an inmate who committed suicide at Rikers, the New York Daily News reported Monday.

At age 24, Aris Hiraldo hanged himself using his sweatpants' drawstring days after he was taken off suicide watch. The death, which occurred in February 2011, resulted in a lawsuit by Hiraldo's

family against the Correction Department and New York City for negligence in the decision to place him into a regular cell. Now, the city owes his family \$380,000.

The Daily News said records indicated Hiraldo was still not stable at the time and was dealing with mental health complications.

During his incarceration, Hiraldo reportedly had regular phone conversations with his girlfriend, but on the day of his suicide, the two had gotten into an argument



View of Rikers Island, NYC's main jail complex GETTY IMAGES

after she decided to cancel her visit. It was later that morning that Hiraldo hanged himself.

Rikers has long held a

controversial place in New York's history, and Mayor Bill de Blasio announced plans for its closure last March. AMY RUSSO

US outlines NAFTA objectives

A new document asserts that no country should manipulate currency exchange to gain an unfair competitive advantage.

Among the priorities, Lighthizer said the administration would seek to eliminate a trade dispute mechanism that has largely prohibited the United States from pursuing anti-dumping and anti-subsidy cases against Canadian and Mexican firms.

It also plans to eliminate a range of non-tariff barriers to U.S. agricultural exports to Canada and Mexico. These include subsidies and unfair pricing structures.

USTR said it would seek to strengthen NAFTA's rules of origin to ensure that the pact's benefits do not go to outside countries and to "incentivize" the sourcing of U.S. goods. It offered no details on such incentives and did not specify how much of a product's components must originate from within North America.

The demands that the Trump administration makes in the NAFTA talks could have far-reaching implications for U.S. trade relations across the globe, with China keen to make inroads with Mexico and Canada if the United States is seen to be retreating.

Lighthizer said the negotiations would begin no earlier than Aug. 16, 2017.

U.S. labor union leaders and Democratic lawmakers weighed in on the issue early, reminding Trump they expect him to keep 2016 election campaign promises to protect American workers in NAFTA talks. They stopped short of demanding termination of the 1994 trade pact with Canada and Mexico. REUTERS

The United States on Monday outlined a tough negotiating strategy for revising the 1994 North American Free Trade Agreement and for the first time in a U.S. trade deal said it would seek to deter currency manipulation by trading partners.

In a much-anticipated document sent to lawmakers ahead of talks expected next month, U.S. Trade Representative Robert Lighthizer said the Trump administration aimed to reduce the U.S. trade deficit by improving access for U.S. goods exported to Canada and Mexico, the two countries in NAFTA besides the United States.

The 17-page summary of negotiations for NAFTA offers a glimpse into what a Trump administration trade agenda could look like. Until now, President Donald Trump's agenda has been shaped by campaign rhetoric and tweets.

While Canada and Mexico are not considered currency manipulators, the reference in the list of objectives could set a template for future trade deals such as a pending negotiation to modify a five-year-old U.S.-South Korea free trade deal.

South Korea is on a U.S. Treasury monitoring list for possible signs of currency manipulation.

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Freight trucks snake from Mexico into California as they are inspected at U.S. Customs at the Otay Mesa port of entry in San Diego. GETTY IMAGES

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The issue of scheduling is becoming a new battleground for boosting living standards. GETTY IMAGES

Not so fast: US restaurant workers seek ban on surprise scheduling

Although fluctuating schedules affect mostly lower-paid workers, it is a management strategy that is starting to affect higher paid jobs as well.

The text message came as Flavia Cabral walked to a McDonald's restaurant in Manhattan for her 6 p.m. shift on a May evening. It was from her manager. Business was slow and she was not needed.

Cabral said she was not too surprised. Her work hours fluctuate almost weekly. This time, the canceled shift took a \$63 bite out of her average \$350 gross weekly earnings from two part-time jobs.

"Every week you're guessing how much money you're going to get and how many days you're going to work," said Cabral, 53, who has been employed at McDonald's for four years. But a measure of relief is coming for Cabral and 65,000 other New York City fast-food workers whose schedules and incomes often change with little or no notice.

New York recently became the largest U.S. city to require fast-food restaurants to schedule workers at least two weeks in advance, or pay them extra for changes.

The law, which the restaurant industry vigorously opposed, also requires employers to allow 11-hour breaks between shifts, offer part-time staff additional work before hiring new employees, and pay retail workers to be "on call." It takes effect late this year.

McDonald's Corp did not respond to a request for comment.

Nationwide, the issue of scheduling is becoming a new battleground in the fight to boost living standards for low-paid

workers, waged largely by the "Fight for \$15" movement. The five-year-old, union-backed initiative has already helped convince many jurisdictions, including New York state, to raise minimum wages.

In Oregon, a bill that would set regular scheduling for workers at large food service, hospitality and retail companies is awaiting the governor's signature. Similar bills are pending in five other states.

Not only do fluctuating schedules wreak havoc with tight household budgets, they make it difficult to make appointments, arrange child care and plan family time, workers point out.

The restaurant industry vigorously opposed the New York City law. Combined with higher minimum wages, scheduling requirements will eventually cripple some fast-food outlets, which mostly operate on thin profit margins of 1.5 to 3 percent, it says.

With a business model based on offering workers entry-level opportunities, not living wages, fast-food restaurants need flexible scheduling to survive, said industry advocate Louis Meyer, who runs fast-food operations at New Jersey-based Briard Group.

"There's no way you can stay in business," said Meyer, whose company employs 1,000 workers at about two dozen franchised Wendy's and TGI Friday's in New York. "It's like having a disease. It's going to get you sooner or later."

Workers at McDonald's, whose restaurants are mostly franchised, said weekly schedules are usually posted a day or two before they take effect. Still, they say they are often told at the last minute not to come to work or to punch out early. REUTERS

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New York state Attorney General Eric Schneiderman. GETTY IMAGES

NY AG says will sue over Obamacare overhaul

Democrats have intervened to defend subsidies paid to health insurers.

New York state Attorney General Eric Schneiderman intends to sue the federal government if Republican lawmakers pass proposed legislation to overhaul the U.S. health-care system, his office said on Monday.

Schneiderman's office said it has identified "multiple constitutional defects" with the Republican health-care bills.

The U.S. Senate is considering legislation to repeal parts of the Affordable Care Act, Democratic former President Barack Obama's signature legislative achievement, commonly known as Obamacare.

However, eight to 10 Republican U.S. senators have serious concerns about the proposals, moderate Republican Sen. Susan Collins, who opposes the bill, said on Sunday.

Democratic state attorneys general have become a major source of opposition to President Donald Trump's policies, having successfully forced him to significantly scale back a ban on travel from six Muslim-

majority countries.

A group of Democrats led by Schneiderman and California Attorney General Xavier Becerra earlier this year sought to intervene in a pending lawsuit in order to defend subsidies paid to health insurers under Obamacare. The U.S. Court of Appeals for the District of Columbia Circuit has not yet ruled on that request.

Among the Republican proposals that raise constitutional issues are one that would defund the Planned Parenthood health group for a year, and another that would shift some Medicaid costs in New York from counties to the state, known as the Collins-Faso amendment, said Amy Spitalnick, a Schneiderman spokeswoman.

Critics of the latter provision say it would drastically increase costs in the state budget for the Medicaid health-care program for the poor and disabled.

A Justice Department spokeswoman declined to comment on the lawsuit threat. A representative for Senate Republican leader Mitch McConnell could not immediately be reached for comment.

REUTERS

BUSINESS

US provides visas to up to 15,000 temporary workers

The U.S. government is allowing 15,000 additional visas for temporary seasonal workers to help American businesses in danger of suffering irreparable harm because of a shortage of such labor, the Department of Homeland Security said.

U.S. Secretary of Homeland Security John Kelly found after consulting with Labor Secretary Alexander Acosta that there were not enough qualified

and willing American workers available to perform temporary nonagricultural work, the department said in a statement.

"As a demonstration of the administration's commitment to supporting American businesses, DHS is providing this one-time increase to the congressionally set annual cap," Kelly said in a statement.

Many seasonal businesses such as resorts, landscaping companies and seafood harvesters and processors had sought

permission to temporarily hire more immigrants. In May, Congress gave Kelly authority to approve up to about 70,000 additional temporary visas and lawmakers had pleaded with him to issue more of them.

But advocates of stricter limits on immigration criticized the move, saying American workers should get job openings. Roy Beck, president of NumbersUSA, said in a statement the decision "threatens to reverse the trend of reports emerging around

the country of employers working harder and raising pay to successfully recruit more unemployed Americans for lower-skilled jobs."

Beck called the decision "yet another example of the administration and Congress failing to keep the Trump campaign promise of putting American workers first."

President Donald Trump campaigned on an "America First" platform of favoring Americans for hiring. REUTERS



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Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these

treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy "Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

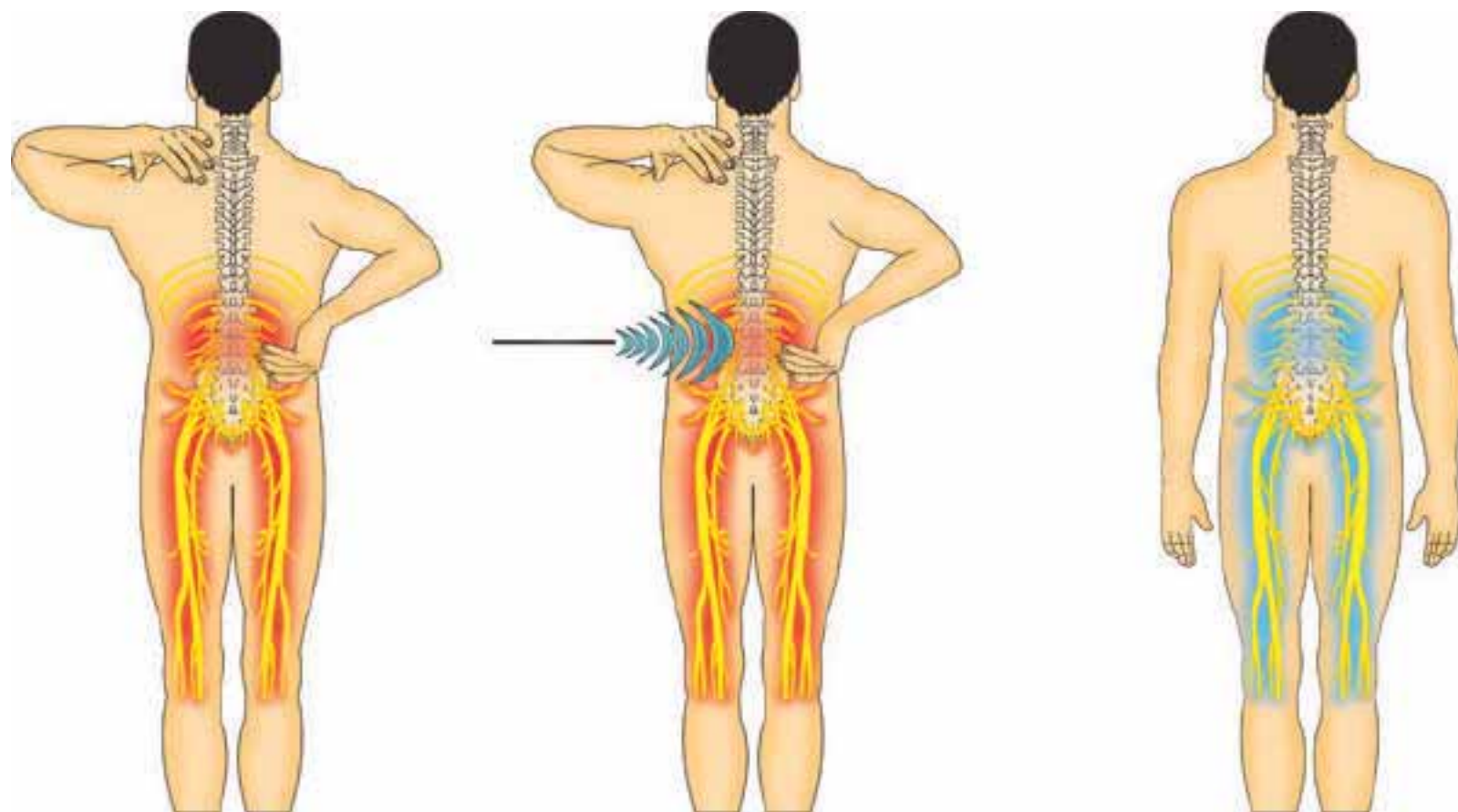
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this

additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-

edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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Democrats already taking a Kid Rock Senate run 'seriously'

Sens. Elizabeth Warren and Chuck Schumer aren't laughing; that didn't work out so well last time.



MICHAEL MARTIN
@MetroBOS
letters@metro.us

The American public might not take the potential Kid Rock Senate run seriously, but top Democrats are — so much that they mentioned it in fundraising letters over the weekend.

Last week, Rock, a Trump supporter whose real name is Robert James Ritchie, launched a website for a potential Senate run out of Michigan. The singer/rapper hasn't filed paperwork with the Federal Election Commission, but

has said, "It's not a hoax, it's a strategy and marketing 101!"

Massachusetts Sen. Elizabeth Warren isn't laughing; that didn't work out so well the last time.

"There were a lot of people who weren't concerned about Donald Trump running for the presidency," said Warren during a meeting at Cape Cod Community College, according to the Boston Herald. "I think there were more jokes than people who took it seriously. So, I take it all seriously right now."

In an email to supporters, she wrote: "I know a lot of people are thinking: this is some sort of joke, right? Well, maybe this is all a joke — but we all thought Donald Trump was joking when he rode down the escalator at Trump

"In the Trump era, we can't afford to take this tweet as a joke."

Sen. Chuck Schumer

Tower and announced his campaign, too," she said.

"And sure, maybe this is just a marketing gimmick for a new album or tour — but we all thought Donald Trump was just promoting his reality TV show, too," she added.

Senate Minority Leader Chuck Schumer, D-N.Y., also sent a Rock-themed email to supporters.

"Kid Rock — yes, Kid Rock — tweeted that he's running for Senate in Michigan," he said in the email. "He even launched a Senate website operated by a record label. So, I'll be honest,

we don't know if this is real, a joke, or a bizarre publicity stunt. But I'll tell you this: I don't find it funny."

"In the Trump era, we can't afford to take this tweet as a joke," Schumer continued. "At a time when Senate Republicans are desperate to grow their ranks while pushing to rip health care from millions of Americans, we cannot afford to think of this as a publicity stunt."

Both Warren's and Schumer's letters included a donation link to Michigan Sen. Debbie Stabenow — Kid Rock's potential opponent.



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Walmart has found itself in another controversy related to product descriptions. GETTY IMAGES

N-word used on Walmart website to describe product color

Walmart, arguably the most American symbol of monster retail, removed a racial slur from its website and has apologized.

listed as “n— brown.”

Walmart removed the racial slur from the title, description and URL and listed the product as unavailable.

It has since been removed from the site completely.

“While we aim to provide accurate product information, it is provided by manufacturers, suppliers and others, and has not been verified by us,” a disclaimer provided below the product read.

Walmart is apologizing again, this time for a third-party vendor’s product description that used the N-word.

On Monday, Twitter user @KwaniALunis tweeted, “Hey @Walmart what are you doing,” along with a screenshot of the brown netting weave cap.

Weave caps are used as a protective layer between a person’s hair and sewn-in extensions. On Walmart’s website, the color of the net cap was

Walmart issued a statement: “We are very sorry and appalled that this third-party seller listed their item with this description on our online marketplace. It is a clear violation of our policy and has been removed, and we are investigating the seller to determine how this could have happened.”

We’re wondering if it

happened the same way “fat girl costumes” happened on the retail giant’s website in 2014.

Jezebel first reported that a reader, looking for a Halloween costume, was directed to the section for “fat girl costumes.”

At the time, Jezebel noted some other Walmart gems, like “these racist American Indian parody outfits” (still on the site), a selection of “gypsy” costumes (still available) and fat Tinkerbell (no longer on the site). The description for the fluffy fairy read, “Tinkerbell really let herself go since she has been out of work for so many years!”

Twitter user @nord2286 said it a bit more directly: “Maybe you should fire your QC people. Do you let your vendors post on your website without proofing it first? You guys are ridiculous.”



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The corner of Atlantic and Buffalo avenues, near where the crash took place. GOOGLE MAPS

Brooklyn motorcyclist killed in crash with friend

The death was one of three related to motorcycle crashes over the weekend.



AMY RUSSO
@MetroBOS
letters@metro.us

A motorcyclist was killed in Brooklyn Sunday after being thrown from his bike into the path of traffic, where he was killed when another motorcyclist, driven by his friend, ran him over.

Nathan Johnson, 35, was riding his motorcycle on Atlantic Avenue behind his companion when Johnson sped up to pass him, colliding with a support column, the New York Daily News reported.

The force of the crash sent him flying into the road, where he was struck by his friend's motorcycle. The same day of Johnson's accident, another

motorcyclist died after being ejected from his vehicle when he hit another car near Borough Park after 3 p.m., Pix11 reported. The motorcyclist, 23-year-old Slavik Avagyan, was pronounced dead at Maimonides Medical Center.

On Saturday, Danny Cornejo, 31, slid under a car after falling from his motorcycle on the Bronx's Pelham Parkway, Pix11 added. Cornejo later died at Jacobi Medical Center.

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DRUG SMUGGLING

US officials: Marijuana shipment disguised as spare tires in new cars

About \$1 million worth of smuggled marijuana was discovered last week in the spare tire compartments of newly assembled Ford Fusion sedans imported into the United States from Mexico, U.S. officials said on Monday.

The smuggling was uncovered on Wednesday when workers at a Ford dealer in Kent, Ohio, found the marijuana in

a new Fusion, said Major Dale Kelly of the Portage County Sheriff's Office by phone.

In all, 15 Mexican-made Ford cars, each packed with marijuana instead of a spare tire, made it to Ohio by rail, the Drug Enforcement Agency said. The sheriff's office said that the shipment crossed over the Mexican border in Arizona.

None of the cars, each packed with 32 pounds of marijuana, made it to consumers, Balzano said.

The marijuana was likely supposed to be collected at the rail station or in transit, Bob Balzano, resident agent-in-charge of the DEA in Youngstown, Ohio, said by phone.

After reaching Ohio by rail, nine of the 15 cars were then taken by truck to auto dealerships in Ohio and one went to a dealer in Pennsylvania, Balzano said. Five other cars never left the rail yard in Lordstown, Ohio.

Of the 15 cars, 14 were Ford Fusion sedans and one was a

Lincoln MKZ sedan, Balzano said.

The marijuana was tightly packed into crescents, so that when two halves were put together, they created a circular shape like a tire.

Ford Motor Co. spokeswoman Kelli Felker said the U.S. automaker was working with the Federal Bureau of Investigation and U.S. Customs. "We have confirmed that this is not happening at our plant or at our internal shipping yards," she said. **REUTERS**

DOUBLE-TALK MADE IN AMERICA

He climbed into a fire truck, slapped on a cowboy hat and beamed amid dozens of other American-made products from doughnuts to guitars. This is how President Trump kicked off the White House's Made in America Week — a promotional push encouraging business for U.S. manufacturers. And he made vague promises about policies to help those companies. "You're going to see things announced that you won't even believe for our country and for selling product in our country and making products in our country and things that are great for American jobs," he said.

At first blush, one might think it's a good notion: The idea is always popular with voters, it completely fits his "America first" theme, and frankly, it's not about Russia — so there is that. But alas, the best laid plans of mice and moguls ...

Even before the ballyhoo began, headlines were screaming about Trump enterprises using foreign labor to make products proudly marketed on American shores. The Washington Examiner's headline called him the "president of hypocrisy," noting "The Donald J. Trump Collection is made everywhere except in the U.S. His shirts? Made in Bangladesh. His ties? Made in China. And his suits? Made in Mexico. Yes, that Mexico." And mind you, that is a paper popular with conservatives. The left-leaning websites weren't half so kind.

The first daughter and unpaid adviser to the president, Ivanka, was ripped over her fashion lines being churned out in far-flung places such as China, Vietnam and Bangladesh. So much so, that Press Secretary Sean Spicer spent part of the daily briefing trying

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."



Donald Trump GETTY IMAGES

— unsuccessfully — to explain it away.

We can argue over whether pushing "Made in America" is even a good idea. Plenty of economists say it is not. But I imagine all the criticism will be once again dismissed as fake news by the president's ardent fans. After all, they'll ask, why should the Trump empire struggle to make all its products here when the competition is getting cheaper prices across the ocean? But any business can make that same argument. So here is a better question: If the president won't lead by example, who does he think will follow?

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6 Scholarship tools that help you find free money

Ease the burden of college tuition with these free, easy-to-use sites.



SARA FEINSTEIN
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Let's face it — college is expensive. And by that we mean, awfully expensive. Thankfully, there are plenty of scholarship sites out there that can make paying for those four years a little more manageable.

We've rounded up the best six best scholarship tools on the web:

Scholly

Since receiving recognition on Shark Tank back in 2015, Scholly has become one of the most-used scholarship-matching platforms. After creating an account and filling out the information section, users can



College costs have gone from affordable to sky high. iStock

scroll through their top local and national scholarship matches. The best part: It's available in app form, so you can search for funding on the go.
Go to: myscholly.com

Fastweb

With more than 1.5 million available scholarships worth over \$3.4 billion, Fastweb is the

go-to site for prospective college students. Not only is it easy to locate scholarships, it's just as simple to keep track of your matches. Users can indicate which scholarships they'd like to apply for, mark the ones they're not interested in and those they've already completed. There's even a variety of tools for students looking to explore

financial-aid resources and read through career-advice articles.
Go to: fastweb.com

Cappex

Cappex offers more than simply merit-based awards. Students can also search for scholarships based on gender, major and even home state. The site even tells

them which scholarships are their "best bets," depending on how hard they are to apply for and what the competition is likely to be.

Go to: cappex.com

Niche

Niche's search engine is extremely easy to navigate. Under the big bold titles of each scholarship, users can find a clearly outlined deadline, award amount, and bullet-point description. Click on the "details" tab below each scholarship, and they'll also find out if there's an essay requirement, minimum GPA or need for recommendations.
Go to: niche.com/colleges/scholarships

Scholarship Monkey

Students can search for scholarships on this extensive database in three different ways. Either they create a

profile and get email updates about potential matches based on their specific interests, plug in keywords and see what the search engines discover or browse through scholarships grouped by specific categories.
Go to: scholarshipmonkey.com

College Board

College Board's scholarship search section lets users browse through thousands of awards that honor both academic achievements as well as certain niche activities. Students can also dig around their site and find information about different majors, learn how to write a killer application essay, and even run through practice questions strategies for the college interview.
Go to: bigfuture.collegeboard.org/scholarship-search



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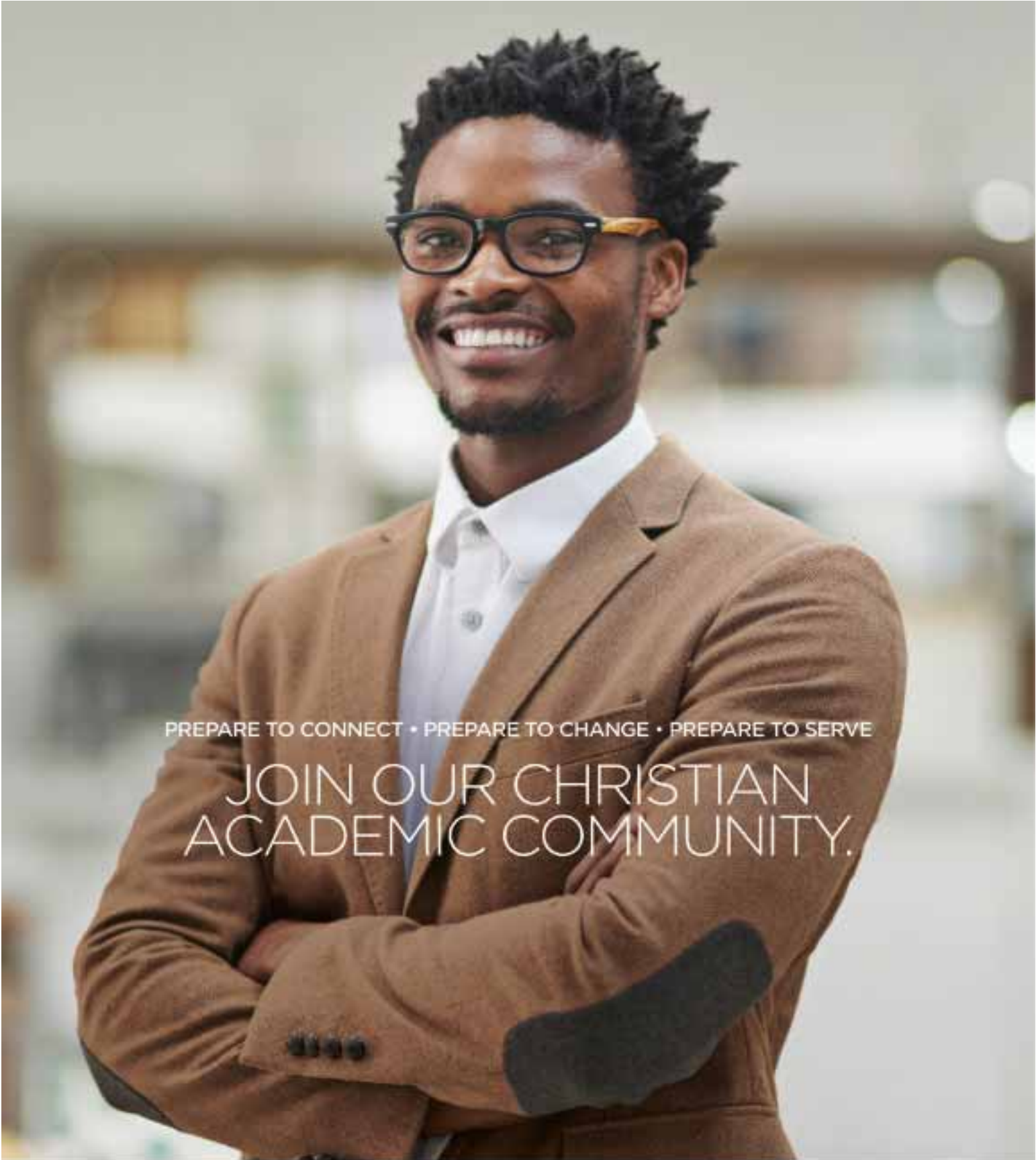
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R. Kelly is indefensible

R. Kelly has been followed by accusations of bad behavior for a long time, and the many, many allegations against him have been consistently swept under the rug.

But none of that was enough for one group of parents to keep their teenage daughters away from Kelly, because you know, fame is more important than a child's well being.

In an expose written by Jim DeRogatis for Buzzfeed, several parents speak out, accusing

Kelly of keeping their daughters in a sex-obsessed, abusive cult.

One parent, who was thrilled that her "19-year-old daughter's music career was going to make a major leap forward ... thanks to the help of [Kelly]" wasn't "overly worried" about her kid being in the presence of the R&B superstar, despite the many allegations that have been levied against him.

The parents have, of course, changed their tune — now that they haven't heard from their daughter in two years. Is that enough to make people start paying attention?

R. Kelly, presented without comment.

Aaron Carter shares his thoughts

Aaron Carter — a person most famous for a song about beating Shaq at basketball, which, nah — was arrested on DUI and marijuana charges Saturday night. Now he's taken to his Twitter to complain, and it's about as coherent as you'd expect.

He tweeted, then later deleted, "To be honest, I don't owe people explanations, although I must say, your words are powerful, the accusations of me being on heavy drugs hurts."

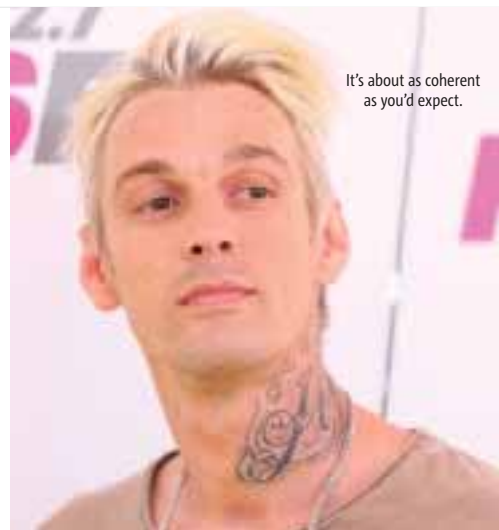
Well, I don't

know, stop acting like you're on heavy drugs, my dude.

He then dabbled with semi-inspirational quotes that make no damn sense, saying "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself." OK,

dude. We get it. You meditated once and now you think you're some sort of guru.

But for real. What is this dude even saying? Just be like, yo, I got arrested and that sucks. That would be enough of a statement. Enough with this mindless ranting, my dude.



It's about as coherent as you'd expect.

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RACHAEL VAUGHAN CLEMMONS

@rachaelclemz

rachael.clemmons@metro.us

People are mad Doctor Who is a woman



So much for progress.
ALL PHOTOS GETTY IMAGES

On Sunday, BBC announced that Jodie Whittaker would play the role of the 13th doctor on "Doc-

tor Who." And even though people are mostly excited, there are some misogynists out there who are mad

that the Doctor is a lady. Because, like, what if she just menstruates everywhere?!

Anyway, I'd like to focus on the people who embraced the announcement and had sarcastic responses, because really, why would you be mad about it unless you're a horrible person?

"Oh great a female Doctor Who," wrote Mark Hoppus, dude from Blink-182. "What next? Female real doctors? Female pilots? Female scientists? Female sisters and mothers? Female WOMEN?!"

This one's my favorite: "you [dumb]: let's argue about the gender of doctor who. me [smart]: actually it's doctor whom." Love syntax jokes!

But also? Call me up with they have a nonwhite Doctor and we can talk.



I have so many questions...

Mindy Kaling is preggers

Multiple sources have confirmed to E! News that everyone's fave, Mindy Kaling — creator and star of "The Mindy Project" who maybe never went on a date with Cory Booker — is pregnant with her first child, and I've never been this excited about, well, anything.

A source tells the site that the pregnancy

was "an unexpected surprise," but that there won't be any changes made to production schedules for the 38-year-old's upcoming projects.

Kaling has been frank before about her desire to have children, telling Yahoo Style, "I think I've decided that unlike everything else in my

life, I'm going to be fast and loose about kids. I'm going to not actively plan, but if it happens, it would happen." Well, looks like it's happening, all right.

Congratulations to Kaling! Now let's all get to work in our basement lairs and figure out who, exactly, the father could be.

Ryan Phillippe is still a heartthrob

The "Shooter" star is still as dreamy as ever.



RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

If you've visited the Twitter of Ryan Phillippe — the '90s teen movie heartthrob and Katy Perry-boyfriend denier — you know that he has a playful side. "I use social media [to make people laugh]. Yeah, I promote my projects, because you're sort of required to at this point — and it makes sense. But when I do the personal stuff, it's almost always jokes," he says over the phone.

So what's he promoting these days? The very zen Phillippe is on the press trail for the second season of "Shooter," a thriller that follows the journey of Bob Lee Swagger, a highly decorated veteran, as he navigates his world of exile. "I like the challenge of portraying vets accurately," he says over the phone. "I love the training as well. I really enjoy getting into the tactics and learning how to look like a soldier." Oh, trust us. He looks the part.

We talked to the 42-year-old — who is thoughtful, funny and, definitely still as dreamy as he was in "I Know What You Did Last Summer" — about Twitter, depression and, of course, "Cruel Intentions."

You have a long history of playing soldiers on screen. What about it appeals to you?
It's something that I know, having had friends and family that have served and hearing their stories and spending time getting to know what's involved, and that kind of sacrifice. It's also the height of human drama. So as an actor, I'm drawn to that material as well.

How do you prepare for that role, fitness-wise?

Because I do my own stunts, I have to physically train all the time; it's the best way to

prevent injury. Or at least severe injury — I've always got little injuries but I don't want to get the big ones. [Ed note: Phillippe mysteriously injured his leg soon after our interview. So much for that.]

Television is a bigger commitment, and you've talked a lot about prioritizing your kids over acting. Is that just a realization you've had as you've gotten older?

No, no, no. That's always been, ever since my kids were born. Every decision you make, every choice that involves being away from them is a difficult one to make. And so I've limited myself a lot of ways because of that, in terms of turning down certain jobs.

But they're young adults at this point. My daughter [with ex-wife Reese Witherspoon, Ava Phillippe] is almost 18. She doesn't need as much help as she used to.

Your Twitter has gotten a lot of attention lately. What do you like about the app?

Usually I'm just trying to be silly and have fun. I'm not really known by a lot of people as a funny person, [but] my favorite thing about [social media] is when I've made people laugh.

When I know that I've genuinely made people laugh, I know that I've made them feel a little bit better that day. And as stupid and small as that is, it's real. And you're really connecting to this wide net of people and I enjoy that.

Social media can also be a double-edged sword. That's just life, the good and bad. It's a balance.

Speaking of balance, I've read that you have a long history of depression. How do you combat that?

I have a life that I'm really appreciative of. I'm so thankful, but there are days

where I can't see or feel any of that. So there's another part of me that wants to show the reality of humanity. That even though things might look a certain way on the inside or that a person has the perfect life, it's not always that way.

And finally, we're obligated to talk to you about "Cruel Intentions." Did you ever think it would become so iconic?

I love the nostalgia, and that people continue to rediscover that movie. It's fun to have done a few things that people still watch and that are on TV with regularity. That's a rare thing! And I think it's cool.

I hoped I would one day have a seminal teen movie the way that "Breakfast Club" was for me when I was young. I wanted to have one of those, so I was hoping that was what "Cruel Intentions" would be." And it was.

Phillippe stars as Bob Lee Swagger in USA's thriller "Shooter."
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GETTY



Christopher Nolan's "Dunkirk," in theaters Friday, concerns the evacuation of 40,000 English troops after a World War II battle in northern France. WARNER BROS. PICTURES

Why you should see 'Dunkirk' on 70mm film

When the latest from Christopher Nolan opens Friday, 125 of the 3,000 or so theaters showing it will project it on 70mm film. You may have heard that it's the best way to see this World War II movie, but you may not know why you should care. Here's our guide to 70mm, and our argument that if you can see "Dunkirk" that way, you definitely should:

MATT PRIGGE

For starters, what is 70mm film?

It's a high-resolution format of celluloid film. It is, of course, twice the size of 35mm, which for decades was how most films were projected in theaters. What that means is higher quality: a clearer picture, even stronger colors and blacks and whites. In 70mm's heyday, spanning from the 1950s through the early '70s, it wasn't used all the time. Usually it was reserved for big epics: "Lawrence of Arabia," "Cleopatra," "2001: A

Space Odyssey." Its high costs led to it falling from favor.

Since then it's occasionally been revived, in films like Ron Howard's "Far and Away," from 1992, and Kenneth Branagh's 1996 version of "Hamlet." Over the last handful of years, though, certain filmmakers have brought it back with some frequency, including Paul Thomas Anderson ("The Master"), Quentin Tarantino ("The Hateful Eight") and Christopher Nolan (first with "Interstellar," now with "Dunkirk"). Still, it

remains rare.

Can I only see "Dunkirk" in 70mm?

No. There are six ways you can see it. It will be showing in plain old digital, the industry standard. It will also be shown digitally in Imax Laser and Imax Xenon; the former is the exact same shape as Imax film (i.e., like a square), while the latter is not as tall as the former. Additionally, you can see it in 35mm film. The ideal way to see it, which is to say Nolan's preferred format, is

70mm Imax. But if there isn't an Imax theater near you, you can see it in 70mm in traditional multiplex theaters that are showing it. (Check our site to see which theaters will show it that way.)

Frankly, why should I care?

Nolan did shoot it in 70mm (and 35mm), but we get it: Unless you're seeing it in giant, retina-filling Imax 70mm, the average moviegoer may not notice the difference between film and digital. To explain

the difference, we turned to an expert: John Sittig, a longtime projectionist who runs the projection unit at Reading Cinemas, which owns theaters in America, Australia and New Zealand.

"It's just a different experience," Sittig says about 70mm versus digital. "I use the words warmer or softer. Digital is strikingly sharp — almost unrealistically sharp to me, in some cases. Film has a warmth or some kind of texture that is more realistic."

OK, which format should I see if I can choose from any option?

We say Imax 70mm. Nolan has been making films with partial Imax footage since "The Dark Knight" in 2008. We'd guesstimate 70 to 75 percent of "Dunkirk" is in 70mm Imax, and it really is something to behold. But if you don't live near an Imax theater showing it on 70mm, regular 70mm is better than any kind of digital. Movie tickets are expensive, and with 70mm, you get more bang for your buck.

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Agency of the Year



Artisanal Donuts & Coffee Bar is now open at 1991 Broadway. PROVIDED

Cartoon doughnuts

Of course these crazy confections come from Sugar Factory's new Artisanal Donuts & Coffee Bar.



EVA KIS
@thisiskis
eva.kis@metro.us

Rainbows, glitter and gold bacon can only mean one thing: Sugar Factory has started making doughnuts.

The over-the-top restaurant known for its leather-and-disco ball decor and being beloved by the Kardashian clan has launched an Artisanal Donuts & Coffee Bar at its Upper West

Side location at 1991 Broadway.

Normally, the word "artisanal" is basically your cue to roll your eyes, but these doughnuts mean business. What Sugar Factory lacked in imagination with the name of its new cafe, it makes up for by ticking every single food trend of the moment.

The millennial pink Disco Tahitian Vanilla doughnut covered in pink glitter is best eaten with a fork and knife unless you're headed to a club later. The requisite Rainbow Pride doughnut is not just layers of rainbow inside but comes topped

with a glittery glaze, rainbow sprinkles and a dollop of cotton candy. There's even a wink at the health world's hottest trend, activated charcoal, with a black doughnut topped with bacon bits and blinged out with a gold maple bourbon glaze.

These doughnuts have so much attitude and style, they're not just works of art — they're practically fashion icons. More importantly though? They're delicious.

Yes, they're so obviously over-engineered to be Instagram-friendly that you feel guilty not posting before you eat them, but they're also

really, really good.

The doughnuts are the creation of new Sugar Factory executive chef Max Santiago, whose 24-hour brioche dough is lightly sweet and pleasantly dense, making the hefty doughnuts satisfying enough to share. Each glaze packs a crazy hit of flavor that never leans too much on sweetness.

There are nine flavors in all, including basic bitches like Boston cream, tiramisu, blueberry coffee cake and Samoa cookie, all priced between \$2.50 and \$3.95. Get your faves and tell the world — you owe it to these doughnuts.

Wellness the 'Game of Thrones' way



Bet Cersei doesn't have a room like this at Haven Spa. PROVIDED

Life in the world of "Game of Thrones" is hard on your feet, whether it's trekking across the entire continent of Westeros looking for a Faceless Man or a walk of shame through King's Landing.

After climbing rocks, fording rivers, and let's not forget all the running through the woods, you're going to need more than a hot soak in some Epsom salts.

To keep you in the game for another day, Haven Spa in SoHo is introducing the Mother of Dragons Pedicure. Appropriately, it all starts with a soak in pink Himalayan salt and dragon fruit powder. Packed with antioxidants, it'll leave your tootsies super hydrated (instead of singed like actual dragons would).

After your fizzy soak comes a dragon fruit-infused scrub, because your feet must be as ready for the beach as they are for battle. A cream massage with argan

and olive oil and, yes, more dragon fruit, will leave you smelling like a queen. The whole thing costs \$50 and takes 45 minutes, and comes with a mimosa of rosé bubbly and — you guessed it — dragon fruit.

Had a really rough week out there in Westeros? Haven also offers a Rule Your Own World Spa Package that includes more themed treatments like the Geek Massage (think upper shoulders and neck), the Fire & Ice Facial as well as the Mother of Dragons Pedicure. That will set you back a kingly sum of \$350. Find Haven Spa at 250 Mercer St.

Now that you're as pretty as Jon Snow — because let's be real, when it comes to who's the fairest of them all in the Seven Kingdoms, there's a clear winner — find your tribe to watch "Game of Thrones" when it returns Sundays at 9 p.m. beginning July 16 on HBO. EVA KIS



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PLASTIC SURGEONS

This 'Hamlet' needs saving

Thankfully, Oscar Isaac is more than up to the task.

T. MICHELLE MURPHY
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It comes as no surprise that Oscar Isaac is the best part of the new production of "Hamlet" at the Public Theater.

The "Star Wars: The Force Awakens" breakout star actually honed his acting chops onstage in productions like Shakespeare in the Park's "Romeo & Juliet" in 2007. In director Sam Gold's take on Shakespeare's most well-known tragic hero, he immediately distinguishes himself as both the show's brightest bolt of light and its grounding rod.

But is Isaac alone worth the price of admission to a nearly four-hour show that, admittedly, has its tonal and directorial flaws along the way? Why don't you decide by considering three of the best things about seeing Oscar Isaac as the great Dane.

The Fresh Prince of Denmark

From his first lines, Isaac is a breath of fresh air for the play, which begins clumsily in the dark. This is just the start of the questionable directorial choices.

Throughout, Isaac seems to be the actor most willing to deliver his Elizabethan English with a modern flair, delivering his lines easily and with plenty of charm. It's impossible not to get a sense of Will Smith stepping into Bel Air with his Philly sensibilities, ready to turn everything on its head.

Going away to college, then returning at news of his father the king's death (played with genuine depth by Isaac, who lost his mother this year) have made Hamlet a stranger in a strange land. Isaac is happy to play him as a man apart from his old life, making him the most dynamic point of any scene even against greater natural hams like Keegan-Michael Key (Horatio).



Oscar Isaac stars as Hamlet with Keegan-Michael Key as Horatio in the Public Theater's new production.
ALL PHOTOS CAROL ROSEGG

Sex Machina

Alas, "Hamlet" has the same problem with its women as the Public Theater's previous major production, "Joan of Arc." The plights of Ophelia (chaste and hapless as ever) and the Queen — the choices they make, if they make them at all — goes mostly unexamined despite the play's nearly four-hour run time (needing two intermissions).

Yes, the play is called "Hamlet" for a reason, but this seems unforgivable given this production's modern look, full length and sheer talent, where all of that might have found room to ruminate.

But, hey, you've got Oscar Isaac running around half the time without pants. His madness seems to take the form of strutting about in briefs as he rants and raves, jumping over tables and standing on chairs. Who would hurry to cure him?

Alas, in the appreciated (if largely gratuitous) mud-wrestling scene with Laertes, he is fully clothed.

However, in a show

If you go

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with minimal costumes, props and set (this "Hamlet" could be confused for one of the many recent kitchen table dramas recently), Isaac does don actual fencing gear and a mask at one point. He even sings! Swoon.

Apocalypse Now

The challenge with "Hamlet" will always be familiarity. We not only know how it ends, we know many of the exact lines leading there.

Novelty is never quite enough, even if actors pop up in the audience or strip to their underwear or deliver lines on the toilet (though by the delightful Peter Friedman as Polonius) or play pipes onstage or even destroy lasagna with a butcher knife.

Gold's choices never



Ophelia (Gayle Rankin) remains an unexplored tragic figure.

gel together, even if the pieces are enough to keep you in your seat until bows. But Isaac's Hamlet does chart one path from start to finish, examining mortality through the lens of loss, buying time for reason through madness and

seeking the affirmation of loyalty in his friends until the very end.

But even if you can't trust the actors to stay on the same tonal page or the director to deliver on a single vision, you'll still enjoy your nearly four hours with Oscar Isaac.

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You don't need to pay for a gym membership or Class Pass to stay fit. There are more than enough free exercise classes across all five boroughs, if you know where to find them. From fencing in Bryant Park to jumping rope at Brooklyn Bridge Park, here are the best ways to work out free this summer.

Shape Up NYC

This program from the NYC Parks Dept. offers more than 350 exercise classes five days a week across all five boroughs. No advance reservation required, just check out

the schedule at the NYC Parks site and show up for classes ranging from Afro World Dance Fusion at the Harlem Hospital Center, to spin class at St. John's Rec Center in Brooklyn. nycgovparks.org

Sweat Sessions

Tuesday nights through the end of the summer, take one of three 45 minute "Sweat Sessions" at Hudson River Park's 14th St. Park. The outdoor classes start at 6 p.m., 7 p.m. and 8 p.m., and range from pilates to barre to HIIT. Mats are provided on a first come basis, and make sure you show up early, as entry isn't permitted after five minutes into the class. Find the schedule and browse more fitness offerings at hudsonriverpark.org.

The Rise NYC

If you like to get your

exercise out of the way first thing in the morning, you can join these early bird meetups hosted by fitness group The Rise NYC. Every weekday at 6:30 a.m. you can attend a different class, from Monday HIIT to Wednesday Core Body Workout. Locations vary across Brooklyn, Manhattan and Queens. therisenyc.com

Open Ropes

Now for something a little different: How about jump rope? Double Dutch Empire hosts jump sessions Wednesday nights from 7 p.m. to 9 p.m. at Brooklyn Bridge Park's Pier 2 through the end of the summer. Ropes provided! Find more Waterfront Workouts, from Broadway Dance to sunrise Abhaya Yoga, at brooklynbridgepark.org

Bryant Park Fencing

Channel Jason Schwartzman in "Rushmore" at these beginner fencing sessions at Bryant Park, hosted by the Manhattan Fencing Center. Drops in are accepted if availability allows, but it's a good idea to pre-register at Manhattan Fencing Center to secure your spot. Also on offer at Bryant Park: yoga, bootcamp, Tai Chi and modern dance. bryantpark.org/

NYC Fun Run

Get in a weekly post-work "Run & Chug" every hump day with this drinking-and-running crew. Wednesdays at 7 p.m., the group meets at a different Manhattan bar, goes for a run, and then returns to the bar for post-run beers. Join at Meetup.org, and remember to drink lots of water to replace the beers, lest Thursday-morning hangovers

becomes your summer bummer. meetup.com

Prospect Park Yoga

Get your asana on the grass Thursday nights in Prospect Park's Long Meadow for their weekly community yoga classes, led by teachers from Lululemon Brooklyn, Bend & Bloom. Classes are held at 7 p.m. through August 31. RSVP required; do so at bendandbloom.com/rsvp.

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Your guide to good vaginal health

How to prevent yeast infections, bacterial vaginosis and more in these muggy summer months.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Summertime. You're sweating a lot, all over, but there's one area that gets particularly, shall we say, lush. Sure, people laugh, even commiserate about swamp ass all the time, but why isn't anyone talking about swamp vagina?

Beyond the discomfort of having constantly sweat-saturated lady parts, the excess moisture can also cause a couple issues, namely yeast infections and bacterial vaginosis (BV). While you obviously can't avoid sweating, there are a few ways to keep your subtropical region in check. We consulted Dr. Taraneh Shirazian, assistant professor in the department of obstetrics and gynecology at NYU Langone Medical Center, to talk us through the lifestyle measures we can take to maintain good vaginal health during these muggy months.

Moisture control
"I would probably refrain from exercising in [excessive] heat,"



Tips for maintaining good vaginal pH: Take a daily probiotic, be sure to change out of sweaty clothes or a wet bathing suit as soon as you can and change menstrual products every few hours. **ISTOCK**

Shirazian says. As you sweat, the moisture that accumulates in and around your vagina "sets off the vaginal pH, so there's an overgrowth of yeast and bacteria," she explains.

If you're hooked on staying active no

matter the temp, at least be vigilant about changing out of that sweaty underwear as soon as you're done your workout, Shirazian says. If you commute to work via bike, bring a clean pair of underwear to change into. If you

use baby wipes, make sure they're scent-and-fragrance-free, she notes -- both can also alter pH balance. "Even water on toilet paper would be good," she says.

You also want to be sure the clothing you're wearing isn't restrictive,

she adds. (Thongs and tight jean shorts are not the best idea.)

If you spend a lot of time in pools during the summer, be mindful that the exposure to chlorine could also disrupt things down there. To prevent against that happening, Shirazian says to make sure you're not sitting around in a wet swimsuit — a good rule of thumb after swimming in salt or fresh water.

Diet

Shirazian recommends a daily dose of an over-the-counter probiotic supplement — especially for women who are already prone to yeast infections — to keep your pH levels in check. Foods that contain probiotics, such as yogurt, kombucha and kimchi are also good to work into your daily diet.

Stay away from high-sugar foods, which can cause an overgrowth of yeast. That includes alcohol, particularly those fruity, summery cocktails like margaritas and pina colodas.

Menstruation

Wearing tampons for too many hours can cause bacteria to grow. "Anything that you're placing internally during your menstrual cycle, change it frequently, every few

hours," she says. That also goes for reusable menstrual devices such as a Diva Cup.

What about sex?

Because it's hotter outside, bacteria breed more, causing any bacterial infection you have, like a urinary tract infection (UTI), to likely be worse in the summer, Shirazian explains, although you're not more likely to get a UTI now than any other time of year. One of the main causes of a UTI is bacteria from the vagina, penis, or anus getting trapped in the urethra during sex.

"Sex is a year-round thing, but maybe it's happening more in the summer, I don't know," she jokes. Using a condom can lower your chances by preventing the exchange of sperm and vaginal bacteria, she explains. (Peeing after sex is another good move, as it helps clear out the urinary tract.)

You should always practice good hygiene with any sex toys that you use, as well, and be even more vigilant during the summer months. "Anything that you put inside you that has the ability to grow bacteria, can affect the pH," she explains. Make sure you're cleaning your sex toys with soap and water after each use.

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A case of summer SADs

Seasonal affective disorder doesn't only strike in the winter months.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

When you hear the term seasonal affective disorder, (SAD), you usually think of the wintertime blues, when folks feel sluggish and depressed due to the shorter, colder days and decreased exposure to light.

While less common, the mood disorder can also cause the summertime blues.

The National Institute of Mental Health defines SAD as "a type of depres-

sion displaying a recurring seasonal pattern." To be diagnosed with SAD, "people must meet full criteria for major depression coinciding with specific seasons (appearing in the winter or summer months) for at least two years."

Symptoms of winter SAD consist of low energy, hypersomnia, weight gain and social withdrawal; with summer SAD, it's the opposite. Folks experience decreased appetite, insomnia and anxiety that manifests in restlessness.

"Depression isn't always lethargy," explains Dr. Marc Romano, director of Medical Services at Delphi Behavioral Health. "With agitated depression, you see people mov-



Got a case of the summertime blues? It could be seasonal affective disorder. ISTOCK

ing around a lot, fidgeting."

While more research is needed to determine the cause of seasonal affective disorder, doctors believe it has something to do with the disruption of circadian rhythm that comes with the change in seasons, namely the change in light, Romano explains.

With fewer hours of sunlight in the winter, patients experiencing SAD sometimes overproduce melatonin, the sleep hormone that's activated

by darkness. Excess levels can lead to lethargy. Similarly, some may suffer from a Vitamin D deficiency, which is associated with depressive symptoms.

Wintertime SAD patients are often prescribed 20-60 minute daily sessions using a light-therapy box, or SAD lamp, which simulates sunlight.

Those experiencing summertime SAD are advised to do the opposite: to counteract the extra hours of daylight by

darkening the windows around 5 or 6 in the evening, Romano explains. This can help get their circadian rhythm back on track. Supplementing with melatonin can also help restore the sleep-wake cycle.

In both case, the depressive symptoms are tied to the season. "People start to get depressed when the winter, or summer months come ... and it just seems to lift when the season is over," Romano explains. Whereas,

"people who tend to have more of a depressive disorder, it doesn't matter what season it is: They're going to be depressed."

Romano suggests that both winter or summer SAD patients get evaluated by a mental-health professional, who can rule out that the symptoms aren't indicative of something more serious. Therapy and short course of antidepressants can help mitigate the disorder until it lifts with the change in season.

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Mets can make any excuse they want, but it's Rosario time

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JOE PANTORNO
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joseph.pantorno@metro.us

What's the hold up?

The All-Star break has come and gone and New York Mets top prospect Amed Rosario is still not in the Major Leagues.

The 21-year-old shortstop continues to rake in triple-A Las Vegas, but the Mets have found reasons to keep him in the minors.

Last month, it was be-

cause they weren't happy with his patience at the plate. They do have a point as he's walked just 21 times in 359 at-bats.

Now, reports have surfaced that his arrival would negatively affect the Mets' clubhouse, mainly Asdrubal Cabrera.

The veteran shortstop has had a trying

season that's seen him shifted from shortstop to second base. While he publicly asked for a trade and then rescinded it, it's apparent that his relationship with the team is in a precarious spot.

In the meantime, Rosario resorted to getting on Twitter and pleading with the team to call

him up. He quickly deleted the post, but now the world knows just how arduous his wait for a call up has been.

The fact of the matter is, Rosario presents the best possible infielding option regardless of Cabrera's attitude and Jose Reyes' hot streak.

With the team floundering to keep the .500

mark in sight, the Mets really don't have much else to lose considering both Reyes and Cabrera are free agents this winter. What's the difference if they're unhappy the last two months of the season?

The only way a clubhouse will improve is if a team wins. Rosario could help make that happen.



metro Stats Session



AMED ROSARIO



2016-17 Stats (Triple-A)

Games: **86**

Batting Average: **.329**

Home Runs: **7**

Extra Base Hits: **41**

RBI: **52**

Stolen Bases: **17**

On-Base Percentage: **.368**

ASDRUBAL CABRERA



2016-17 Stats

Games: **66**

Batting Average: **.250**

Home Runs: **9**

Extra Base Hits: **20**

RBI: **29**

Stolen Bases: **3**

On-Base Percentage: **.333**

JOSE REYES



PHOTOS COURTESY OF GETTY IMAGES

2016-17 Stats

Games: **86**

Batting Average: **.226**

Home Runs: **9**

Extra Base Hits: **27**

RBI: **32**

Stolen Bases: **11**

On-Base Percentage: **.291**

IS AARON JUDGE THE FACE OF BASEBALL?

MARC MALUSIS

ANALYSIS

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio.
@marcmalusis



That is a great question and one that was asked and pondered during last week's All-Star break. When New York Yankees star Aaron Judge put on a show during the Home Run Derby last Monday night, he only added to the lure of an already growing legend that is still in its infancy. He is a spectacle and his at-bats are must see television and stay-in-your-car kind of stuff on the radio.

At 6-foot-7 and 285 pounds, Judge is different and plays the old game of baseball a lot differently than anyone we have seen before.

In the first half, Judge hit .329 with 30 home runs and 66 RBIs and set the new Yankees rookie mark for homers in a season with 30, surpassing Joe DiMaggio's mark in just 84 games played. His rise in interest in Major League Baseball is remarkable.

There is no question that he is a star. The question is how big of a star and how great of a player he will become.

Is Aaron Judge the face of Major League Baseball?

Does it really matter? We know that he is the Yankees' and is ushering in a new era of Yankees baseball.

MLB Commissioner Rob Manfred said Judge is the type of player "who can become the face of the game. He is

a tremendous player on the field and really appealing off the field."

Why is Judge so appealing besides his stats? I think it has everything to do with the fact that he is different. His Paul Bunyan figure cuts a large figure in the batter's box, which adds to the lure and the draw.

His long, majestic home runs and exit velocity add to his legacy. His approachable demeanor and personality make him a fan's best friend.

Fox Sports baseball analyst and former Yankees third baseman Alex Rodriguez said, "for the first time in a long time, baseball has a LeBron James-type of body and personality that can transcend sports."

Can Aaron Judge transcend sports? Does he deserve or has he earned being put in the same sentence as LeBron James? I think that is a lot to put on a 25-year-old who has not even completed his first full season in Major League Baseball. There are a lot of October nights and multiple championships that need to be won before we start talking about Aaron Judge transcending sports.

There is another rub to what Rodriguez had to say. There is a quality to Judge that can't be

30

HOME RUNS HIT
BY AARON JUDGE
DURING THE FIRST
HALF OF THE 2017
MLB SEASON

measured by a statistic or a metric. He has the "it" factor. He carries himself like a 10-year veteran and emotes the calm, cool demeanor that leads you to believe his performance is not at all surprising to Judge himself.

He needs no other motivation than his down performance in his initial taste as a major leaguer a year ago. He looks down on his phone with ".179" as a message of his initial failure and his motivation that success can be fleeting on this level.



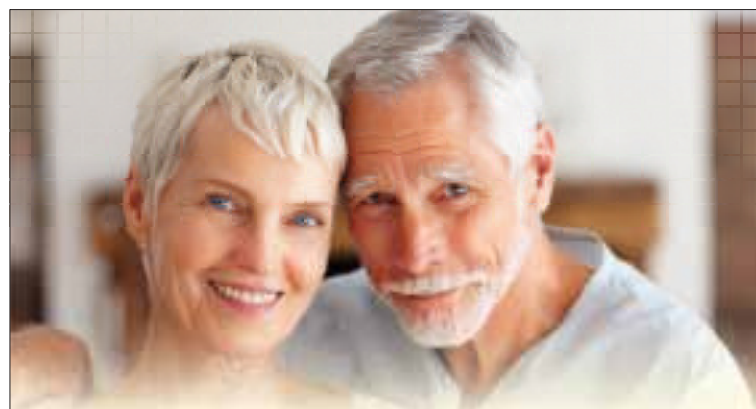
Aaron Judge has quickly transformed into one of the most popular players in Major League Baseball due to the historic season he's having. GETTY IMAGES

But his impact on the game and this city is unquestioned. To the point where the Yankees did something so un-Yankee-like by putting together the Judge's Chambers in right field where fans can even wear Judge's robes and white wigs if they so choose.

Flat out he gets it, and when everybody jumped off the bandwagon last year, he worked to fix what went wrong and welcomed everyone back into the Judge's Chambers this season with open arms.

Is he a better overall player than the Angels' Mike Trout? I would never make that argument because I look at Trout as the best player in the game. I would probably say it is too early to think that he is a better player than the Nationals' Bryce Harper. Trout and Harper are both former MVP winners in the American and National League respectively. Judge has a ways to go to prove that this season is him and that he can consistently produce the way he has this season.

Is Judge the face of Major League Baseball? Probably not, but realistically speaking, he is not that far off.



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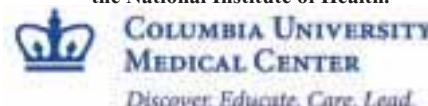
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ARCPE 1 LLC, Plaintiff
Against PAUL GUILLAUME, et al Defendant(s).
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Approximate amount of lien \$ 885,111.25 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 19167/08.
Dominic L. Chiariello, Esq., Referee.
Fein, Such & Crane, LLP
Attorney(s) for Plaintiff
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of TSB Enterprise LLC. Articles of Org. filed with the Secy. Of State of New York (SSNY) on 06/23/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o Sam Sun Noh, 517 Second Ave., New York, NY 10016. Purpose: any lawful activity.

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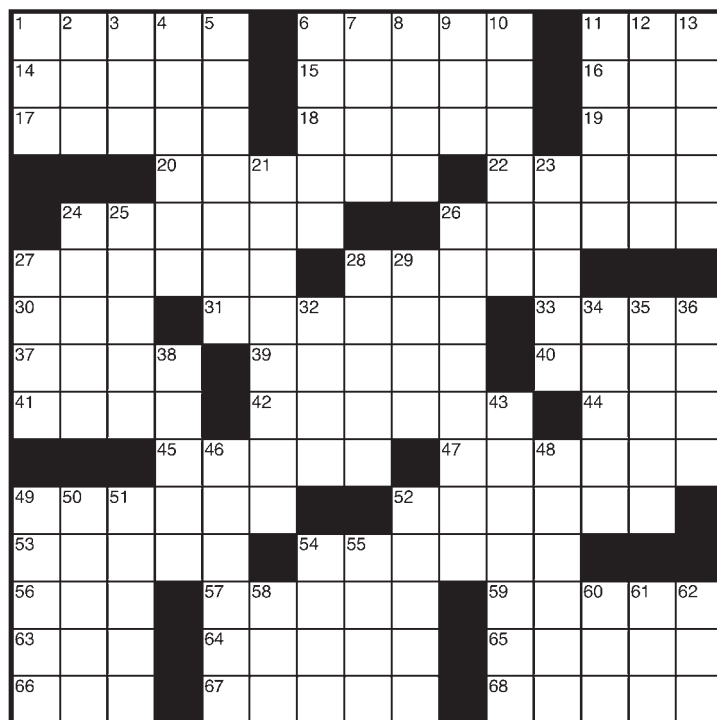
- 1 Municipal
- 6 Man in a mask
- 11 Cleaning implement
- 14 Overly trusting
- 15 German sub (hyph.)
- 16 Pipe bend
- 17 Stick-on design
- 18 Reluctant
- 19 Narrow inlet
- 20 Published
- 22 Disney site
- 24 Parcels out
- 26 Kudos
- 27 San Joaquin Valley city
- 28 Go below freezing
- 30 Luau strummer
- 31 Ascends
- 33 Laird's household
- 37 First-known variable star
- 39 Toddlers' perches
- 40 Insect colony
- 41 New Age singer
- 42 Slanted type
- 44 52, to Livy
- 45 Rajahs' wives
- 47 "Key Largo" star
- 49 Feel at home
- 52 Andes ruminant
- 53 Witless
- 54 Hologram makers
- 56 Summer hrs.
- 57 Ghostly noises

- 59 Things on a list
- 63 "You don't say!"
- 64 Guru's domain
- 65 Gives up land
- 66 Lubber's aye
- 67 Bashfully
- 68 Carve a canyon

Down

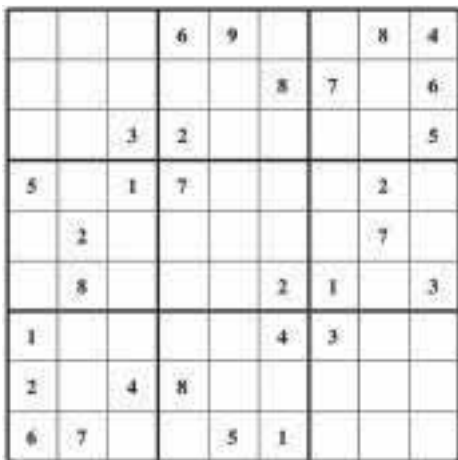
- 1 And, to Fritz
- 2 -- Dawn Chong
- 3 Razor brand
- 4 Is of use
- 5 Wrestling holds
- 6 Many South Africans
- 7 Band member
- 8 Thoroughfare
- 9 Wharf denizen
- 10 Different ones
- 11 Maurice's thanks
- 12 Mixed bags
- 13 License --
- 21 Foot covering
- 23 Repair
- 24 Alan of "Gattaca"
- 25 Cautious
- 26 Feasible
- 27 Smoke
- 28 Wingless insects
- 29 Movie spool
- 32 Not pro
- 34 Delicate hue
- 35 St. Teresa's town
- 36 Simon or Armstrong
- 38 Composer -- Copland
- 43 Whim
- 46 Weak
- 48 Furniture mover
- 49 Hen
- 50 Result
- 51 Thin strips of wood
- 52 Test, as ore
- 54 Tennyson's "The -- of Shalott"
- 55 Indigo plant
- 58 She loved Lennon
- 60 Shogun's capital
- 61 Sz. option
- 62 NNW opposite

metro.us/crossword



metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries An interesting idea will give you something to explore. There is money to be made if you turn something you enjoy doing into a moneymaking venture.



Taurus Emotional matters will mount. Look for a way to compromise in order to avoid a change of plans. A frugal approach to personal and domestic problems is encouraged.



Gemini You'll have a false sense of your assets and capabilities. Money matters should be dealt with conservatively. Don't spend what you don't have. Focus on self-awareness.



Cancer Consider the consequences of your actions before you proceed. A considered plan will serve you better than an impulsive move. Form an alliance with a trustworthy peer.



Leo Stick to the script. If you exaggerate, you will end up in an emotional situation that will slow down your efforts to get ahead. Personal improvements can be made.



Virgo Attend an event that will be conducive to meeting people in your profession. The more contacts you make, the easier it will be for you to advance.



Libra Refuse to follow the crowd. If something doesn't appeal to you or appears to be too risky, you are best off remaining a spectator and learning from what you see.



Scorpio What you do will make a difference, but what you say will lead to trouble. If you do something nice for someone you love or trust, you will get something special in return.



Sagittarius You'll have plenty to say and to offer, but use diplomacy to avoid an emotional backlash. Someone will be hurt if you are too blunt about what you think about him or her.



Capricorn Share your feelings and make your intentions clear. Stick to the truth and be willing to compromise to please a friend, family member or co-worker.



Aquarius You are best off being secretive until you have a solid idea to offer. Emotional disputes are likely to develop if you disagree with a partner, friend or relative.



Pisces Take part in your community or in things that friends and relatives are doing. What you contribute will be rewarded with favors that will help you advance. EUGENIA LAST

Yesterday's answers											
S	C	O	W	C	H	O	I	R	G	R	I
L	A	R	A	L	E	D	G	E	A	I	D
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